

# SMART Goals

July 2016

# What does SMART mean?

**S**pecific

**M**easurable

**A**ttainable

**R**ealistic

**T**ime-Based

# Specific

- \* Who: Who is involved?
- \* What: What do you want to accomplish?
- \* When: Establish time frame.
- \* Where: Location
- \* Which: Requirements and restraints
- \* Why: Specific reasons, purpose or benefits to goal



# Example

General: “Wean from bottle”

Specific: “Wean from bottle within 3 months while offering whole milk in a cup”



# Measurable

- \* Concrete evidence
- \* Establish goals that help you see progress → drive achievement
- \* Ask:
  - \* How much? How many? How do I know when it's accomplished?

General: “be healthier”

Measurable: “Adhere to a healthy lifestyle where I eat a serving of vegetables twice a day”



# Attainable

- \* Something that is possible, but still challenges you
- \* Identifying important goals drives you to figure out how to accomplish them
  - \* Improve attitudes, abilities and skills
- \* Can attain almost any goal when you give yourself a roadmap
  - \* Steps, timeframe



# Example

## Attainable goal:

- ❖ “Cut back on sweets to 2 a week
- ❖ “Try a new fruit or vegetable once a month/ new way to prepare”
- ❖ “Plan a healthy, family meal to have on Sundays”

## Unattainable goals:

- ❖ “Never eat chocolate cake again”
- ❖ “Eat more fruits/vegetables”
- ❖ “Cook for family everyday”

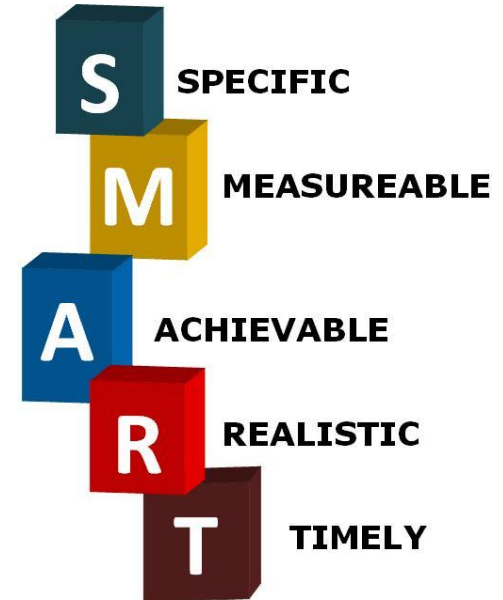
**Tips:** Make intermediate goals and celebrate small accomplishments



# Realistic/ Relevant

- \* Objective you are **willing** and **able** to do
- \* High goals often have high motivation and low goals can have low motivation
  - \* Needs to represent progress
  - \* Labor of love
- \* Do you actually want to do this?
- \* I will do my best!

Create S.M.A.R.T. Goals



# Time-Based

- \* “Someday” won’t work
- \* Anchor in a timeframe
- \* Make a tentative plan for every step
- \* Deadlines spur action
  - \* Keep realistic and flexible



# Example

Problem to work on: Child doesn't eat fruits and vegetables well

Goal: By 5 years old, I want my child to be more involved with cooking their food by helping measure ingredients and picking out one fruit and vegetable he/she wants to have from each trip to the store.

**S:** The child and parent are working to overcome picky eating. Working on making more responsible in food preparation to increase eating meals

**M:** child picks out 1 fruit/vegetable each store trip; has a role in preparation

**A:** Parent wants to help child eat better

**R:** Parent able to take child to store and has measuring cups; child shows interest in helping and has skill set for measuring

**T:** By 5 years old (may be a 6 month to 1 year timeline)

SMART Goals	Simple Goal	SMART Goal
<b>Specific</b> - well defined so that anyone can understand the goal	I want to improve my health.	I will improve my health by eating 60 grams of protein & drinking 2 litres of water every day.
<b>Measurable</b> - needs to have parameters in order to know if the goal was achieved	I want to lose weight.	I will lose 3kgs by October 31st by increasing my activity level and decreasing my calorie intake
<b>Attainable</b> - must be a realistic goal that challenges you	I want to eliminate sugary drinks from my diet	I will gradually reduce my sugary drink consumption every week in order to eliminate my consumption
<b>Relevant</b> - make sure the goal is consistent with your other goals and will aid you in achieving your long term goal	I want to change my lifestyle	I will improve my lifestyle by making conscious food decisions at every meal whilst focusing on protein and vegetables

# Resources

<http://topachievement.com/smart.html>

<http://www.yourcoach.be/en/coaching-tools/smart-goal-setting.php>

[http://www.slideshare.net/weekdone/how-a-smart-leader-sets-smart-goals/3-SSPECIFICSpecic\\_goals\\_focus\\_peoples\\_attention](http://www.slideshare.net/weekdone/how-a-smart-leader-sets-smart-goals/3-SSPECIFICSpecic_goals_focus_peoples_attention)

<http://www.healthontherun.net/motivation/how-to-set-smart-fitness-goals/>

[http://www.communicatingwithpatients.com/articles/smart\\_goals.html](http://www.communicatingwithpatients.com/articles/smart_goals.html)